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The National Women's Health Information Center

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Know the Warning Signs of a Heart Attack

Every minute counts, even if the symptoms seem to disappear! Know that not everyone gets all of these warning signs. Sometimes, these signs can go away and return. Treatments are most effective if given within one hour of when the attack begins. If you have these symptoms, call 911 right away!

Signs of Heart Attack

- Chest discomfort or uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that lasts longer than a few minutes, or comes and goes.
- Spreading pain to one or both arms, back, jaw, or stomach.
- Cold sweats and nausea.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to have some of the other warning signs, such as shortness of breath, nausea, vomiting, and back or jaw pain.